

## BICYCLE SAFETY TIPS

California Law, Vehicle Code, Section 21212 requires all youth, seventeen years of age and younger, who ride bicycles, non-motorized scooters, skateboards, or in-line or roller skates to wear a helmet, to protect your head, everyone must always wear a helmet when riding. By wearing a properly fitted helmet can reduce your risk of death or brain injury by 88%. In addition to a helmet, by following the safety tips below will help to keep you safe while riding your bicycle.

### Type and Size of Bicycle

- A bicycle needs to fit the rider's ability and kind of riding, such as the size, properly adjusted seat, road, mountain, etc. You can check with your local bicycle shop for the most appropriate bicycle.
- For a child, the bicycle should fit the child's size today, not one he or she will "grow into" later.
- Check hand and foot brakes for fast, easy stops without instability or jamming.
- Avoid slippery plastic pedals. Look instead for rubber-treated pedals, or metal pedals with serrated rattrap edges or with firmly attached toe-clips.

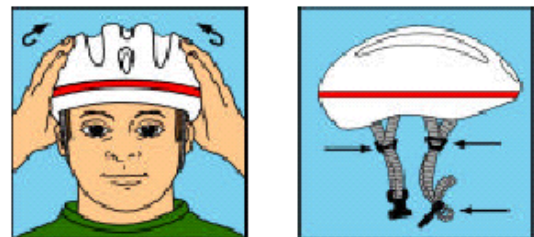
### When Riding a Bicycle...

- Always wear a helmet properly fastened and worn correctly, flat on your head, to help prevent head injuries.
- Observe all traffic laws and signals, just as automobiles must do and ride the same direction with traffic.
- Don't ride double or attempt stunts.
- Ride near the curb in the same direction as traffic.
- Find alternate routes, rather than ride through busy intersections and heavy or high-speed traffic.
- Walk -- don't ride -- your bicycle across busy intersections and left turn corners.
- Avoid riding in wet weather. When wet, handbrakes may require a long distance to stop.
- Avoid riding in the dark. If you do, be sure the bike is equipped with a headlight, a taillight and reflectors. Apply retro-reflective trim to clothing, or wear reflective vests and jackets.
- Avoid loose clothing or long coats that can catch in pedals or wheels. Leg clips or bands keep pants legs from tangling in the chain.
- Avoid crossing raised sewer grates.

#### CPSC Helmet Fitting Guide



1. Wear the helmet flat atop your head, not tilted back at an angle!

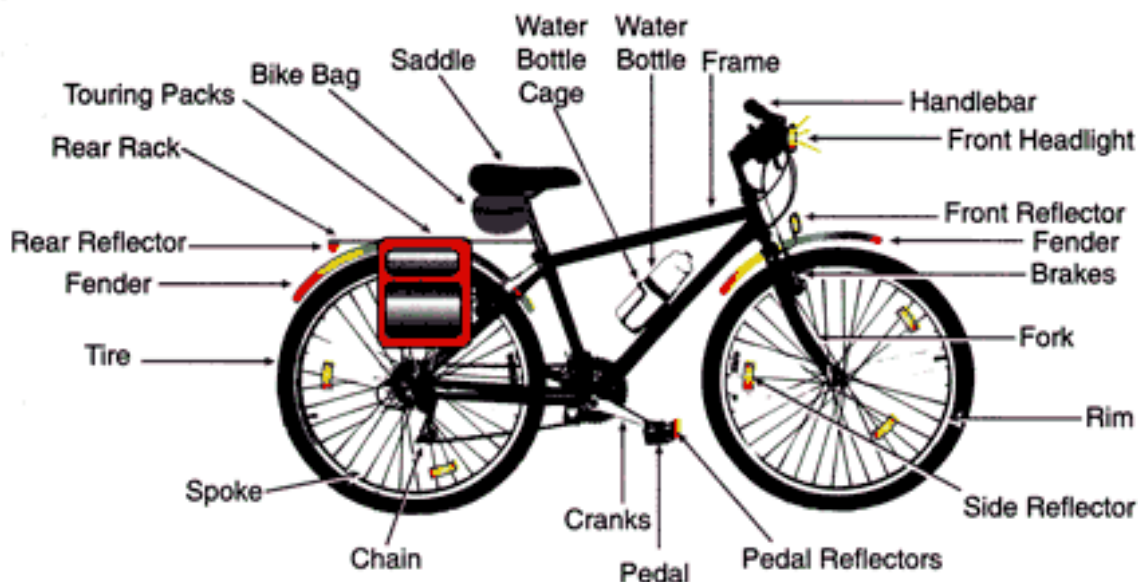


1. Make sure the helmet fits so your head is touching all around comfortably, snug but not tight.
2. Make sure the helmet does not block your field of vision and hearing.
3. Make sure the chin-strap fits securely and the buckle stays fastened.

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## Regular Bicycle Maintenance

- Regular maintenance is essential for safe riding. Refer to the owner's manual for the manufacturer's maintenance recommendations. An experienced repair technician should do complicated work.
- Align (or "true") wobbly wheels for better control. Spokes also may need adjustment.
- Replace all missing, damaged, or worn parts; for example, brake pads, chain-guards, chain links, spokes, screws and bolts, handlebar grips.
- Tighten and/or adjust loose parts.
- Periodically inspect frame, fork, spindles and other components for cracking.
- Parts should be adjusted to manufacturer's torque specifications.
- Inflate tires to recommended pressure, and replace worn tires.
- Lightly oil and clean moving parts. Keep oil off rubber.
- Keep bicycle indoors when not in use -- moisture may cause rust and weaken metal parts.
- Learn the basic parts of your bicycle, as in the diagram below.
- You can learn more about bicycle maintenance through your local bike shop.



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*\*Some material obtained from the U.S. Consumer Product Safety Commission (CPSC Document #346)*

DeCarli, 2012